



July 2020 Newsletter

[cityview.care](http://cityview.care)

## A Message from Rosie Julinek, Executive Director

Happy July Friends!

We are sliding into summer, where temperatures are rising, summer fruits and vegetables are delicious and abundant, and we are feeling excited and hopeful. To start off the month we will be celebrating our nation's independence on July 4th, because on that day in 1776, the Declaration of Independence

was approved and set the 13 colonies on the road to the freedom we now enjoy. As always, we mark this significant holiday with barbecues and fireworks across the country; City View will be no different!

The country has struggled through difficult times of illness and protest these past months, and we are looking forward to healing and growth this summer. Our country's quarantine has been a time of learning, self-reflection, and personal discovery. Here at City View we have come together as staff members, families, and residents to care for one another and support each other during difficult times, and we have all learned not to take our lifestyles for granted. Throughout the summer, we look forward to resuming life as we knew it, though with more safety measures and appreciation than before.

Apart from celebrating Independence Day, there are several national holidays this month that we will be celebrating in order to rejoice and instill play in the community once again. From National Ice Cream Month to Bastille Day, to Nelson Mandela Day and Gorgeous Grandma Day, we have plenty of fun planned for July. Here's to an exciting and hopeful start of summer, where we will celebrate freedom and health with new appreciation!

*Stay safe and have fun!*

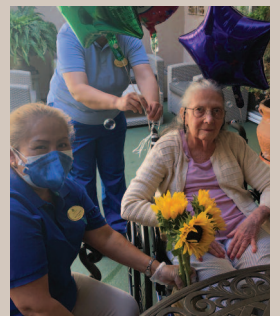
Rosie Julinek



## CityView Snapshots



*City View residents enjoying an hour of Hallway Prize Bingo!*



*Celebrating Estelle's birthday in big balloon style!*



July 14  
**Bastille Day**

Sacré bleu! It's been more than 200 years since the French toppled their long-standing monarchy, symbolized by the storming of a fortress and political prison in Paris, and now the event has become an international celebration of freedom from tyranny.



July 18  
**Nelson Mandela Day**

Nelson Mandela is an iconic figure that triumphed over South Africa's apartheid regime. He was a human rights lawyer, a prisoner of conscience, and an international peacemaker. And he was the first democratically elected president of a free South Africa. Today we celebrate the idea that each individual has the power to transform the world and the ability to make an impact.



July 23  
**National Gorgeous Grandma Day**

Gorgeous Grandma Day embraces the age of the nana and encourages all women to flaunt their granny attitudes with purpose and style! While some grandmas fit the traditional mold with gray hair and cookie-baking, home-making, hug-giving, child-spoiling energy to spare, others play the hippest games, wear the latest styles and know how to find the best deals on technology. Even the grandkids can't keep up! Funny, sassy and energetic grandmas, rebel grannies and smart grannies make the grade, too. Nearly all of these fantastic women pass down family traditions while teaching children to stand on our own. On Gorgeous Grandma Day, let the grandmothers in your life know how much they mean to you.



*Resident of the Month*  
**Mercedes G.**

Our City View Resident of the Month is Mercedes G.! Mercedes was born and raised in Puerto Rico, eventually attending the University of Puerto Rico where she studied Business Administration. She was privileged to travel, live, and work in Spain in the Architecture business. She was always sporty, and loved to do anything that got her heart pumping; her favorites included playing tennis and running.

Mercedes has two daughters that definitely kept her running around when young! Her philosophy in life is to treat everyone with kindness and respect, and to be patient; as a result good things would come to you, including that kindness and respect rubbing off on others. She enjoys the various experiences that City View has to offer, and looks forward to a fun-filled summer. Thank you for being a part of our community Mercedes!

**Religious Services and Study**

Shabbat Services - Friday at 6:30 p.m.

Bible Study - Saturdays at 1:30 p.m.



# Independence Day

## Mindfulness Meditation



*"The only freedom which deserves the name, is that of pursuing our own good in our own way, so long as we do not attempt to deprive others of theirs, or impede their efforts to obtain it." ~ John Stuart Mill*

This year our Independence Day might not feel very free, considering these past months of various types of upheaval. However, that should not prevent us from mindfully exploring what freedoms we do have in order to remain hopeful and loving. Licensed Psychologist Dr. Regina Huelsenbeck goes on to remind us to be present and mindful in our celebrations today: Celebrate your freedom mindfully: express love and gratitude for all situations, people, places and things you encounter. This practice of loving what is [whether positive or negative], is a mindful behavior... unconditional or radical acceptance.

*"Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom."*  
~ Viktor E. Frankl

Take each situation you encounter today as an opportunity to express your love, gratitude; any kindness will do. That is freedom! If you forget and treat someone unkindly, that is okay- we are human. Make amends and then return to your mindful practice. Try again with love and gratitude

*"Freedom is not worth having if it does not connote freedom to err." ~ Mahatma Gandhi*

As you pour love on your life and those of others (even the difficult ones) miracles will occur. Situations and people will transform before your eyes. Love your countrymen today, each and everyone.

*"If we love our country, we should also love our countrymen." ~ Ronald Reagan*

Happy Independence Day!

## Employee of the month Sara Hernandez Caregiver



Sara is an exemplary caregiver at City View, and we are grateful to have her fun and caring spirit contributing to the needs of residents and staff members! She grew up in Mexico City, Mexico, and attended college there, studying nursing. She moved to the United States when she was 18, and has currently lived here for over 30 years while raising two amazing sons. In her free time she maintains an immaculate and beautiful household, and loves to go shopping.

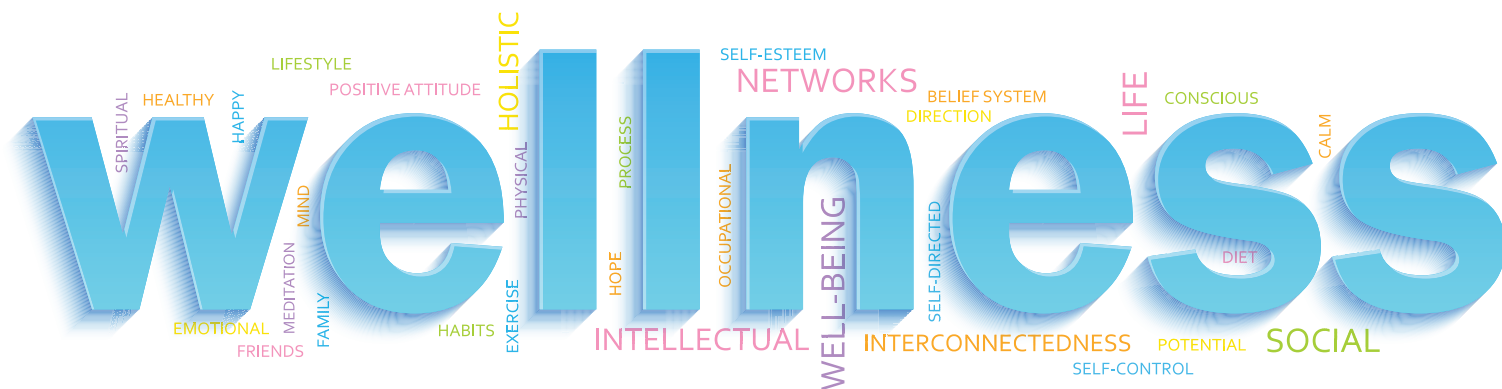
Sara's philosophy in life is to always follow her heart, and respect people, and it has served her well. She loves to laugh and live in the moment, experiencing happiness and spreading joy wherever she goes. Her favorite part about her job is spending time with residents, getting to know them and their favorite songs so they can sing together. She feels as though the residents and staff members are her family, and it reflects in her care for the community. Thank you for all the joy Sara; we are happy to recognize you in appreciation as the Employee of the Month!

## Birthdays this Month

### Celebrity Birthday List

Dan Aykroyd (comedian)	7/01
Liv Tyler (actress)	7/01
Thurgood Marshall (U.S. Justice)	7/02
Edie Falco (actress)	7/05
Kevin Hart (comedian)	7/06
Wolfgang Puck (chef)	7/08
Sofia Vergara (actress)	7/10
Julio Cesar Chavez (boxer)	7/12
Bernice Abbott (photographer)	7/17
Maya Rudolph (comedienne)	7/27
Emily Brontë (writer)	7/30





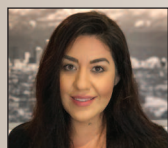
## Nuturing our *Social Support Systems*

**July is Social Wellness Month**, and a time to learn about how we connect with society and individuals and the importance of those relationships. The focus is on the giving and receiving of social support, identifying the network of friends and family an individual can turn to in times of crisis as well as times of celebration, and ways to keep relationships healthy. Since social support acts as a buffer against adverse life events, it is especially vital for seniors to have a strong social network in place and to have ways to grow and nurture it.

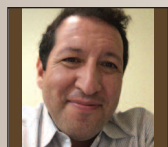
Social support enhances quality of life and provides a buffer against adverse life events. Seniors reap the benefits of positive social interaction in a number of ways, from increased social and emotional well-being to improvements in physical and cognitive functions. During these pandemic times, there are still means by which we can give and receive social support, even from a distance. Writing letters, emailing or telephoning family and friends, and utilizing Zoom and other virtual communication programs are all means by which we can stay in touch and enhance our social relationships and maintain our social wellness.

It is always difficult to maintain and grow relationships, whether due to busyness, distance, or even quarantine; but the positive mental, emotional, physical and spiritual benefits are worth our continued pursuit of social wellness!

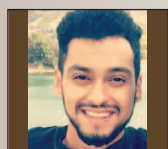
### *Our Staff*



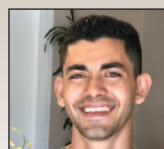
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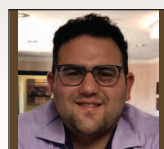
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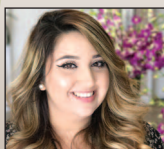
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